

Hamilton County LAW LIBRARY

NEWS

Professional legal information, services, and education

December 2020

8 Tips for Lawyers on How to Build Resilience

By James Gray Robinson

A popular keyword for psychologists and transformational leaders these days is "resilience." The dictionary definition of resilience is the ability to recover. Synonyms are "perseverance," "elasticity," "toughness," "flexibility" and "durability."

In other words, resilience, as it pertains to lawyers, is the ability to endure setbacks, losses, mistakes and criticisms while working in a difficult profession. Chief Dan George said in the film *The Outlaw Josey Wales*, it is an "endeavor to persevere."

I find in my coaching business that many lawyers jump into the deep end of the legal pool completely unprepared to be resilient. They have excelled at everything they have ever done. They haven't had to suffer the outrageous "slings and arrows of outrageous fortune," as Hamlet lamented.

This year, even the resilient are challenged with COVID-19. We have to deal with disrupted routines, lockdowns, stagnated court calendars and learning how to practice law all over again. It literally has been a year of teaching dogs new tricks. The question is whether we are flexible and resilient enough to take advantage of the new opportuni-

ties that are emerging.

The good news is resilience is a learned trait. It is not something you are born with or inherit. With some focus and practice, any lawyer can learn it. There are a number of steps lawyers can take to become resilient. Resilience is like a muscle; it takes nurturing and use to be healthy. Psychologists recommend [a few steps](#) for attaining resiliency. I have a few more.

1. Focus on teamwork

I like to say build a team or a posse. Elite professional athletes rely on coaches, trainers, counselors, friends and family to excel. Lawyers should do the same. Resilience is a team effort.

2. Remember your wellness

Resilience requires a strong foundation of balanced physical, emotional, mental and spiritual health. If any of these are imbalanced, your career may come crashing down in the face of the stress of a law practice. Think of wellness as balance. Get help for any area that may be suffering from a competent professional.

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Hamilton County Law Library

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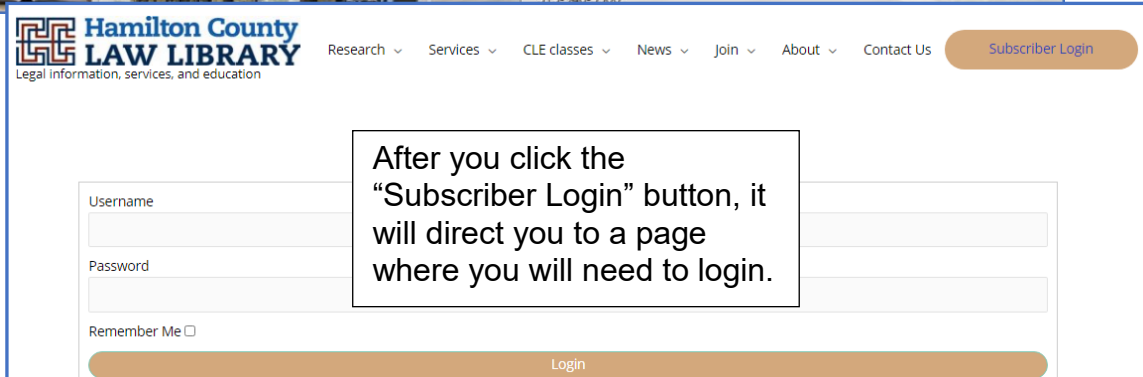
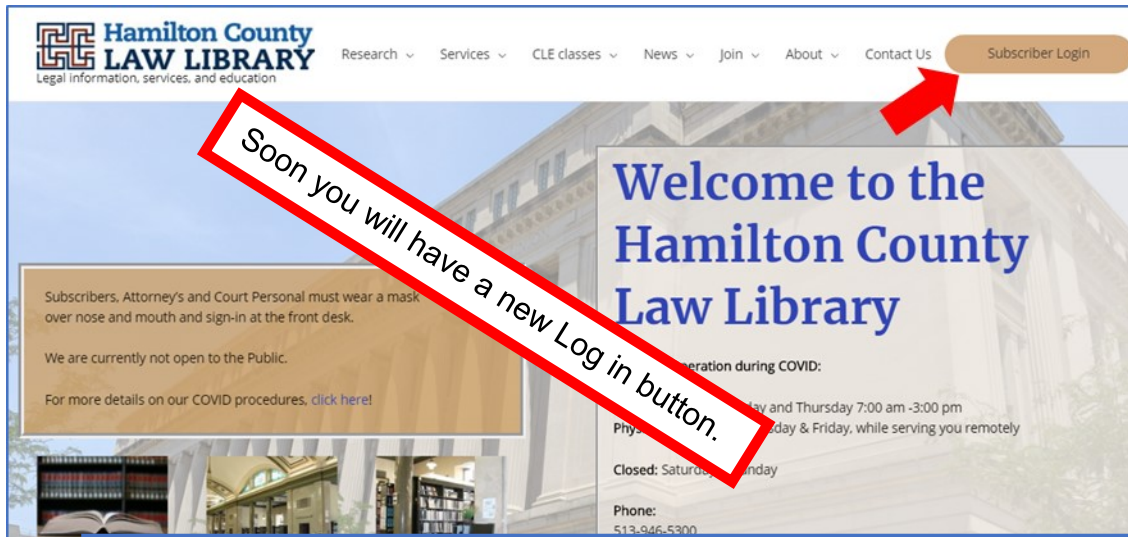
See website for days and hours

<http://lawlibrary.hamilton-co.org>

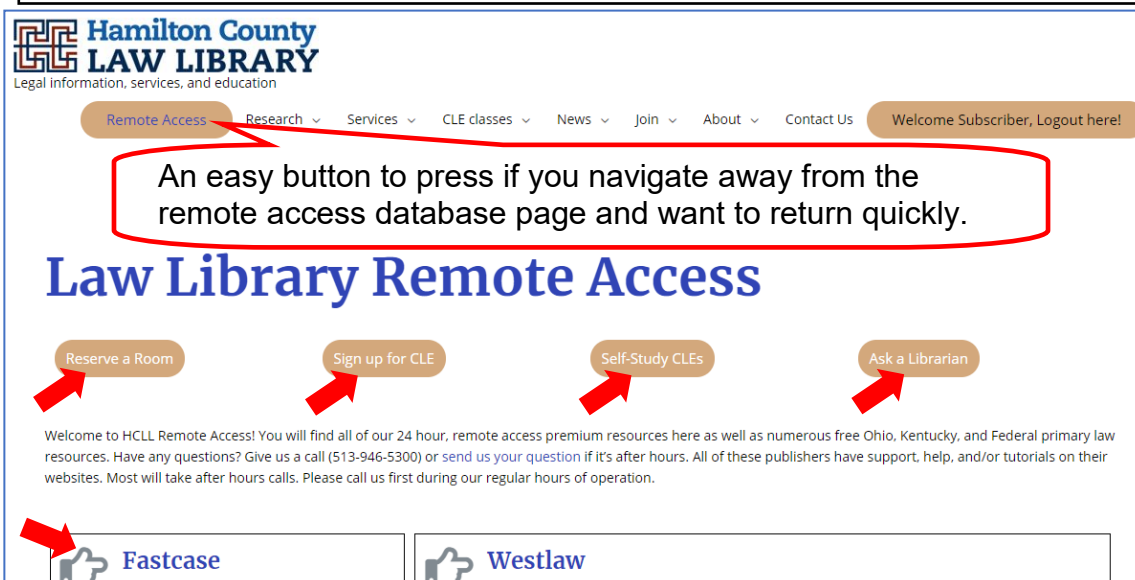
Tech Tip: Our website is getting a new look!

By Julie Koehne, Systems Librarian

Here are task(s) which will be slightly different.



After you log in, you will be directed to our Remote Access page. Here you can go to the databases you have available from your office or home, reserve a conference room, sign-up for CLEs, attend a self-study CLE or fill out a form to ask us for help.



Reserve a Room

You must be logged into the website to reserve a room.

Hi Julie Koehne, scroll down to select a room!



log out
blog admin

Each conference room has it's own calendar.

NOTE: Due to COVID rules each room is at half capacity.

Location of Conference Rooms



Map of where conference rooms are in the Law Library

Reserve a Room by location and Amenities.

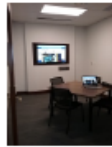
Select the room to reserve below



KING (Main Reading Room)

Features: Table | 2 Chairs | Phone | Computer w/ head phones

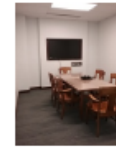
Reserve KING



HOLMES (Conference Center)

Features: Table | 2 Chairs | Phone | HDMI port to use laptop w/ monitor

Reserve HOLMES



MCCLAIN (Conference Center)

Features: Table | 2 Chairs | Phone | HDMI port to use laptop w/ monitor | Zoom meetings

Reserve MCCLAIN

CLE Self-Study for Subscribers

Important:

If you attended any of these CLEs live, you cannot get credit again.

Complex Appeals in Ohio

Attorney Paul Croushore discusses the process and procedures applicable to appellate litigation in state court in Ohio. It begins with a discussion of a comparison between civil and criminal appeals and the relative strategies of

Elder Abuse Awareness

Reference Librarian Amy L. Kurlansky partners with Attorney Matthew Barnes, of Pro Seniors, Inc., to present information regarding elements of Elder Abuse in order to help us recognize Elder Abuse as well as

Attorney Ashley Burke Pecquet, LLC, discusses a review of Medicaid eligibility for long term care Medicaid and basic planning options for married couples or single individuals.

If you missed one of our CLEs this year, watch them here and get CLE self-study credit. Pending Approval from OH Sup. Ct. Approved for KY.

3. Find the fun

One of the first things to go while under stress and anxiety is the fun factor. Most lawyers would not characterize the practice of law as fun. It is rewarding, certainly, but with all the stress and anxiety, the fun part of it is often overlooked. When we laugh, the mind doesn't care why we laugh. The benefits of laughter can offset all the stress and anxiety you may be experiencing.

4. Focus on the positive

You don't have to believe [everything you think](#). You can choose not to focus on your negative thoughts and focus on positive thoughts. Transformational leaders look to neurolinguistic programming to help people transform their lives by changing their thoughts.

5. Remember your purpose

The altruistic basis of law is to help people. Lawyers can be seduced by the financial rewards of helping people. Buddha taught that desire is the root of all suffering. When we focus on the good, the benefits will flow naturally. The more we serve, the more we will be rewarded.

6. Feed your soul

A steady diet of law practice can be pretty lean. Listening to the problems of your clients, day in and day out, and nothing else, can actually cause a traumatic response similar to [post-traumatic stress disorder](#). Listen to music, watch an empowering movie, go outside or meditate. Do things that are fulfilling outside of practicing law.

7. Take a break

When we take breaks—5 to 10 minutes—we can increase our performance. Regular breaks can maintain a high level of focus, improve our attitude and increase our stamina. It is [counterproductive](#) to focus on one thing 24/7, day after day. We will crash and burn.

8. Look for the pearls

We are questioning whether we will ever find a new normal. Lawyers have to re-

member that we are intelligent, trainable and creative. No matter how stressed we might feel, our accomplishments are undeniable. A Buddhist proverb says to dig until you hit water, and dive until you find pearls. In other words, we can use the same talents and intelligence that got us here to develop resilience. We need to be the hero or heroine in our own story.

Resilience is critical, particularly if you are in a high-stress environment, such as litigation or criminal defense work. Any lawyer who deals with traumatic or high-stress situations must have strategies to balance these stressors, or we will burn out. The steps listed above will go a long way toward helping you become a resilient lawyer.

James Gray Robinson was a third-generation trial attorney specializing in family law for 27 years in his native North Carolina. Burned out and emotionally spent practicing law, he quit in 2004 and spent the next 16 years doing extensive research and innovative training to help others facing burnout and personal crises to heal. In 2017, at age 64, using the tools and strategies he learned, Robinson passed the Oregon bar exam and is again a licensed attorney. Learn more about his work at lawyerlifeline.net or email him at gray@lawyerlifeline.net.

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Subscriber Renewals for 2021

We mailed invoices for Hamilton County Law Library's 2021 services for subscribers in late November. We hope that you will renew without a moment's hesitation, given the many services and resources offered by the Law Library. You are welcome to pay in December or wait until January – your choice.

Our librarians appreciate your calls and emails for research support. Subscribers and county officials may request cases, chapters, KeyCite reports, forms, and more. We will send the items you need quickly via email. This service is available to you at no additional charge. We also offer CLEs and training, video conferencing, meeting room use, (including our newly renovated subscriber lounge and conference room suite!) loan of books, coffee, and low-cost photocopying. Our solo attorney and 100% firm subscribers benefit from off-site access to a number of legal information databases.

Thanks for your continued use of the Law Library, whether on-site or from the convenience of your home or office. If you have questions about the invoice or about making the most of your investment, please contact [Lauren Morrison](#) or [Vanessa Seeger](#).



Payments by Credit Card:

Just a reminder – we are able and happy to take your payment by credit card if you prefer. Simply contact us by phone at 513-946-5300 or email at reference@cms.hamilton-co.org and we'll send you the secure payment link.

Inclement Weather and other Closings

The Law Library rarely closes due to inclement weather but, as winter approaches, we want you to know how to find out about unplanned closings. When we close for bad weather, we announce it on our [Facebook](#) and [Twitter](#) feeds and will put a banner on the Law Library [website](#). At this time, the Law Library intends to continue operating on our limited schedule due to COVID, but if there is ever a need for a temporary closure, we will announce it in the same manner.



HCLL/CBA Bundled Membership:

The CBA and the Law Library offer a bundled membership that could provide a discount when you join both organizations. You can enroll in this during the CBA renewals in the next few months. If you are interested in taking advantage of this, please contact us for more information before you renew your Law Library subscription.

Law Library Board Meeting

The Hamilton County Law Library Resources Board will next meet on Thursday, January 7 at 10:30am via Zoom. Meetings of the Hamilton County Law Library Resources Board are open to the public. Call in information for the meeting is below. Should you wish to attend, please email lmorrison@cms.hamilton-co.org for the password.

Dial by your location

+1 646 558 8656 US (New York)

+1 301 715 8592 US (Washington D.C.)

+1 312 626 6799 US (Chicago)

+1 669 900 9128 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: 874 5521 2342

Subscriber Benefits

All subscribers have access to the following valuable resources and services:

Circulation privileges to borrow from over 40,000 print volumes for up to six weeks at a time

Access to extensive legal information databases from the Law Library, including Westlaw, Wolters Kluwer Cheetah™, Overdrive e-books, HeinOnline, and Loislaw treatises

Wireless network throughout the Law Library

Polycom videoconferencing

Eight meeting rooms with speaker phones

Professional reference service by our law librarians, available via e-mail, telephone, and in person

Free document delivery by fax or e-mail of print and electronic materials

CLE seminars throughout the year, on legal research and substantive topics

Subscribers' lounge, magazines, daily newspapers, and coffee

Bi-weekly news alerts by practice area

Discounted rates for photocopying

In addition, solos and attorneys whose firm has a subscription have 24 hour remote access to Fastcase.com case law, Aspen/LOISLaw treatises, HeinOnline (for under 50 attorney firms), EBSCOhost, and Wolters Kluwer Cheetah™ Business, Tax, and Accounting

Topical Updates

If you have not signed up before and would like to start receiving substantive bi-weekly updates in one or more practice areas, please visit the topical updates page on our website to sign up. You can select from the following areas of law:

Constitutional Law— ****NEW Update****

Criminal

Employment

Estates and Trusts

Family Law

Intellectual Property

Pension Benefits

Real Estate

Tax

Torts

If you have any questions about this please feel free to contact our Reference Librarian, [Amy Kurlansky](#).



Upcoming CLEs—Live Interactive Webinars

Friday, December 11, 2020, 1-3:45pm

What does stress have to do with it?

Presenters: Attorney Tabitha Hochscheid & Attorney Patrick Garry

2.5 professional conduct credits approved in OH & pending in KY

**Wednesday, December 16, 2020,
12-1 PM**

Legal Issues & COVID-19

Presenters: Attorney Nadia Lampton & Attorney Jeff Mullins

1.0 general credit approved in OH & KY

Attorney Wellness Resources

Law Library subscribers have access to a variety of Attorney Wellness Resources, including those listed below. If you have questions about these resources, contact the reference staff at reference@cms.hamilton-co.org or 513.946.5300.

Building healthy communities : a guide to community economic development for advocates, lawyers, and policymakers
KF5730 .B85 2009

The creative lawyer
KF300 .M45 2007

The curmudgeon's guide to practicing law
KF300 .H47 2006

Decision-making for lawyers : distraction, deception, and drunkenness
KF076.5.A2.Z9 D42 2018

How to Better Manage Your Workload: Time, Task, and Email Management for Legal Professionals
KF300 .N46 2010

The lawyer's toolkit for creating both personal and professional success
KF297 .M664 2013

Lawyers, anger, and anxiety : dealing with the stresses of the legal profession
KF300 .N46 2010

Lawyers as peacemakers : practicing holistic, problem-solving law
KF311 .W75 2010

Lawyerlife: finding a life and a higher calling in the practice of law
KF297 .H67 2003

Multidisciplinary practice: staying competitive and adapting to change
KF300 .M84 2001

Sean Carter, humorist at law.

KF076.5.A2 C28 2012

Staying happy and being productive to combat the stress of the legal profession
KF300.Z9 S73 2016

Stress management for lawyers
KF O763 S87 2013

The successful lawyer: powerful strategies for transforming your practice
KF300 .R57 2005

Online Resources

EBSCO

Judges' Well-Being and the Importance of Meaningful Work.

Running Toward Wellness and Good Health.

HeinOnline

Combating Secondary Trauma: Attorney Wellness in High Stress Practice

The Importance of Prioritizing Attorney Wellness

Substance Abuse & Mental Health Attorney Wellness

Westlaw

The Case for Attorney Wellness, New York State Bar Journal

Cultivating Wellness in the Legal Profession, Chicago Bar Association

In Pursuit of Well-Being, Oregon State Bar Bulletin

Living Well, Texas Bar Journal

Season's Wellness, New York State Bar Journal

Top Tip in Attorney Wellness: Pick Something and Begin, Wyoming Lawyer

Wellness and Professionalism Go Hand in Hand, Colorado Lawyer

Wellness and the Solo Practitioner, Wyoming Lawyer

Upcoming Events:

Friday, December 11, 2020: What does stress have to do with it? The interplay of stress, ethics, professionalism, and addiction CLE (2.5 Profession Conduct credit in OH & pending in KY)

Wednesday, December 16, 2020: Legal Issues and COVID-19 (1.0 credit in OH & KY)

Friday, December 25, 2020: Library Closed



December 2020 Law Library Newsletter

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 - Topical Updates
 - Upcoming CLEs—Live Interactive Webinars
 - Attorney Wellness Resources

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